

Spring has Sprung

Here are some tips that will minimize your chances of sustaining injuries during gardening activities:

- Purchase tools that are comfortable in size and weight for the person(s) using them.
- Inspect all tools carefully for dull blades, damaged handles, loose heads, etc. Replace or repair as needed.
- Sharpen all cutting tools before using and frequently thereafter. A sharp tool is a safer tool.
- Always wear safety glasses when sharpening tools with a power grinder. Never wear gloves for this operation, to avoid having a hand caught and pulled into the wheel.
- Wear safety glasses and safety shoes when performing striking, shearing, or other forceful-type actions.
- Wear sturdy gloves, long-sleeved shirts, and long pants when working with dense plant materials. This is particularly important for thorny or spiny type plants such as cacti, mesquite, etc.

Coming Attractions

April 16-20 - Earth Week

April 17-20 - Construction Safety and Health Training

April 18: Health Odyssey 2001

The Safety Dispatch is published by the Contractor Safety Forum at Marshall Space Flight Center

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AVOID PESTICIDE EXPOSURE

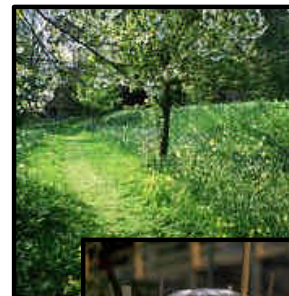
There are four ways that pesticides can enter the body: through the skin, the mouth, the nose and the eyes.

Absorption through the skin is the most common form of poisoning. Absorption may occur from a splash, spill or drift when mixing, loading, applying, or disposing of pesticides. It may also result from exposure to large amounts of residue while cleaning out clogged nozzles and filter screens. Generally, wettable powders, dusts and granular pesticides are not as easily absorbed through the skin and other body tissues as are the liquid forms. Again, consistent use of proper protective clothing will greatly reduce the potential risk of pesticide absorption.

If a pesticide is taken into the mouth in sufficient amounts, it may cause either serious illness, severe injury, or even death. The most frequent cases of accidental oral exposure are those when pesticides have been taken out of their original labeled container and illegally put into an unlabeled bottle or food container. For this reason, always store a pesticide in a properly labeled container. If you get a clogged spray line or nozzle, never use your mouth to clear it. And never eat or smoke until you have left the spray area and have washed off thoroughly with soap and water.

Pesticides that are inhaled in large enough amounts can cause serious damage to nose, throat, and lung tissues. Vapors and extremely fine particles are the most serious contributors to respiratory exposure. Wear your respirator while working with powder and liquid pesticides. If you are unsure if a respirator is needed consult the manufacturer's directions or contact your local gardening shop or farmers co-op.

The tissues of the eye are particularly sensitive and absorbent, which means getting pesticides in the eyes brings an immediate threat of loss of sight, illness, or even death. Eye protection is required at all times. If pesticides get in your eyes, immediately flush your eyes with clean water for at least 15 minutes.



Do you know how to give Cardiopulmonary Resuscitation (CPR)? Would you be willing to voluntarily perform this procedure, if someone in your work area experienced cardiac arrest, until emergency medical services arrived? If so, Center Operations Directorate, Management Support Office will provide you with a micro-shield mask, and a sign that can be placed outside of your office which identifies you as knowing CPR. For more information please contact Joyce Eagan, 544-3996.



Ask Dr. Know

http://msfcsma3.msfc.nasa.gov/she/dr_know.htm